

Thrive in Community

March 2025



Supporting Mental Health and Well-Being

March is a time for Kindness

Throughout the season of Lent, we reflect on the sacrifices that Jesus made for us. We are invited to deepen our relationship with God and each other through prayer, reflection, and acts of service. Consider ways that you can strengthen your connection with God, and with others, through the virtue of kindness. The virtue of kindness can be our gift to the world. Consider using your gifts and talents to brighten someone's day. As Pope Francis said, "the measure of greatness of a society is found in the way it treats those most in need." This March, we can make an effort to be kind in thoughts, words, and actions. We can try to be the reason someone smiles. Student leaders at St. Timothy CES demonstrate this by planning and leading their peers in wellness activities. Watch the video below to see kindness in action.

[Community March Break Fun!](#)



Student Voice



Wellness Leaders from St. Timothy CES

Click here to check out more resources from the Champions



[DP.Champions](#)

Prayer

Dear Lord,
We know that in each of us there is a kind and gentle spirit. We know this because we have been created in Your image. Help us to develop this gift of kindness. May our example and our efforts encourage others to be kind. Let our kindness transform our world into one that comforts people and helps them through the most difficult times. Let our kind actions create a world that truly reflects Your kingdom. Amen.



VIRTUE OF THE MONTH:
KINDNESS



School Mental Health Ontario

Click on the resources below from School Mental Health Ontario to access the full version

School Mental Health Ontario is excited to launch **By Your Side**, a new toolkit and learning hub designed to support parents/caregivers as they engage in meaningful mental health learning. By Your Side was co-created by Ontario parents/caregivers and school mental health professionals.

The [Parent/Caregiver Resource Hub](#) considers the expertise of parents and caregivers and offers resources to support and strengthen mental health and well-being in every family.

[Helping Your Child Manage Digital Technology](#) is an example of a resource from the Hub that was created in response to parent/caregiver feedback. This resource explains why it is important to consider your child's relationship with digital technology, its effect on well-being and mental health, and how to know when screen-time is problematic.

Parent/Caregiver Resource Hub



Helping Your Child Manage Digital Technology



Click on each icon to access more resources.



"If we love one another, God lives in us." (1 John 4:12)

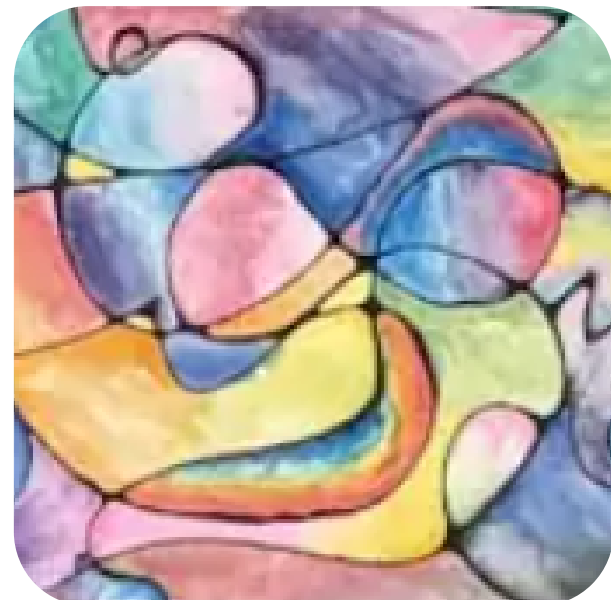


Well-Being in DPCDSB Schools

Click on the images to see how our schools promote wellness!



Games Day with Reading Buddies
at Our Lady of Good Voyage CES



Mindful Neurographic Art
at St. Francis of Assisi CES



Motivational Mondays and Whole-School
Affirmations at St. Sofia CES



Mental Health Chats at St. Brigid CES

Parent Survey

The results are in!

76% Reported being somewhat to very comfortable speaking with their children about mental health

54% Reported speaking about mental health with their kids to check in with them or help them maintain good mental health

TOP 3 TOPICS OF INTEREST:

SIGNS AND SYMPTOMS OF MENTAL HEALTH CONCERNS

STRATEGIES TO SUPPORT POSITIVE MENTAL HEALTH

STRUGGLING WITH BULLYING



Student Information & Resources

As we move into March, many of you are looking forward to a well-deserved March Break. This is an excellent opportunity for you to relax, recharge, and connect with peers. However, finding ways to stay engaged throughout the week can sometimes be a challenge. To help, we've compiled a list of regional community-based resources that students and families may find useful when planning their March Break activities.

Caledon Libraries

[The Caledon Public Library](#) is offering a variety of March Break events for families to enjoy. Activities will be available at multiple library locations and are designed for all ages. Be sure to check out their website for more details and registration information.

City of Brampton Parks and Recreation

In recognition of [World Teen Mental Wellness Day](#), the City of Brampton is hosting a special event on Sunday, March 2, 2025, from 2:00 PM to 4:30 PM at Susan Fennell Sportsplex. Youth aged 14-29 are encouraged to register online for an afternoon of fun and informative mental wellness activities.

City of Mississauga – Winter Magic at Celebration Square

Running from November 23, 2024, to March 16, 2025, [Winter Magic at Celebration Square](#) offers outdoor skating, cozy heated patios, and delicious treats from a variety of food trucks. It's a fantastic way to embrace the winter season and enjoy time outdoors before spring arrives. Whatever you choose to do, our Well-Being Department wishes you a safe and happy March Break!



Youth Events at Caledon Library



Brampton Hosts Teen Mental Wellness Day



Winter Magic at Celebration Square!

Looking for Support:

- Kids Help Phone: 1-800-668-6868 or text "CONNECT" to 686868 (o-18 years of age). Black youth can text "RISE" to 686868. Indigenous Youth can text FIRST NATIONS, INUIT or METIS to 686868 to connect with an Indigenous volunteer crisis responder.
- 24.7 Crisis Support Peel: 905-278-9036 1-888-811-2222. (for all ages)
- Dufferin Child and Family Services - Crisis Services: 519-941-1530
- Hope for Wellness Help Line: 1-855-242-3310 (support for all Indigenous peoples across Canada)
- National Indian Residential School Crisis Line: 1-866-925-4419
- Black Youth Help Line: 1-833-294-8650 or 416-285-9944 (website: www.blackyouth.ca)
- LGBTQ+ Youth Line: 1-800-268-9688 (website: www.youthline.ca)
- Naseeha Mental Health Hotline for Muslim Individuals: 1-866-NASEEHA (627-3342) (website: www.naseeha.org)
- 911 or go to your local Emergency Room
- One Stop Talk for youth under 18: (M-F 12:00 pm - 8:00 pm and Saturday 12:00 pm - 4:00 pm) 1-855-416-8255 or onestoptalk.ca and click "start the conversation."

"If we love one another, God lives in us." (1 John 4:12)